

Supreme Salmon Cakes

Salmon combined with low-fat mayo, red onion, red pepper and whole-wheat bread crumbs make a delicious, nutritious fish cake.



Using fresh salmon (always go for wild-caught when possible) makes these cakes moist and flavorful. Whole-wheat bread crumbs and light mayonnaise keep the calories and fat to a healthy minimum.

Ingredients:

- 2 eggs, lightly beaten
- 1/2 cup reduced-fat mayonnaise
- 1/4 cup diced red onion
- 1/4 cup diced red bell pepper
- 3 scallions, chopped
- 3 cloves garlic, minced
- 1 1/2 Tablespoons chopped fresh parsley
- 1 Tablespoon chopped fresh basil
- 2 teaspoon seafood seasoning mix (optional)
- 1 Tablespoon chopped fresh dill
- 1 Tablespoon fresh lemon juice
- 1 teaspoon hot pepper sauce
- 1/3 teaspoon salt
- Freshly ground black pepper
- 2 cups fresh whole-wheat bread crumbs
- 1 1/2 lbs salmon fillets, cooked, skinned and de-boned, flesh flaked by hand
- 2 Tablespoons olive oil

Preparation:

Preheat oven to 250 degrees F. Line a baking sheet with foil and place in the oven to warm.

In a large bowl, combine eggs, mayonnaise, onion, bell pepper, scallions, garlic, parsley, basil, dill, lemon juice, seafood seasoning and hot pepper sauce. Season with salt and black pepper. Mix well. Gently fold in the salmon and 1/2 cup of the bread crumbs. Be careful not to over mix. The mixture should be very wet, with lumps of salmon. Warm 1 tablespoon of the oil in a nonstick skillet.

Place the remaining 1 1/2 cups bread crumbs in a bowl. Divide the salmon into 12 portions and form each into a loose cake. Drop each cake into the bread crumbs and lightly coat both sides. Shake off the excess crumbs. Gently place each cake in the preheated pan. Cook for 2 to 3 minutes on each side, or until lightly browned and cooked through. Remove from the pan and place on the baking sheet in the oven to keep warm. Repeat with the remaining cakes, adding the remaining tablespoon of oil if necessary.

Nutrition Facts

Yield 12 servings

Amount Per Serving

Calories 200

Fat 11 g

Protein 14 g

Carbohydrates 11 g

Fiber 1.5 g

Sodium 376 mg

Cholesterol 70 mg

M52755 5/13
© 2013 United HealthCare Services, Inc.
Recipe Source: myOptumHealth



For more recipes and health information, visit myuhc.com®